



**Physical well-being
and movement
are crucial to
your child's learning
and development.**


There are five areas essential to your child's healthy development. Find more supportive learning experiences for your child on the following pages in the **Massachusetts Early Learning Guidelines for Infants and Toddlers**, downloadable from the Early Education and Care website: www.mass.gov/eec

Infants (birth to 15 months) →
Toddlers (12 to 33 months) →

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Play with me!



**Your child
needs playful and
healthy routines
every day.**

Be active with your child...



**You foster the foundation
of brain development
and learning during the first
3 years of your child's life.**

Things Your **Baby** Can Do

Activities for Physical Health and Well-Being



Reaching

Notice all the ways your baby reaches, stretches, and flexes.

Ooh, what a good stretch!



Eating Healthy Food

Choose fresh and nutritious food for your baby. **Mmmm...I like sweet potatoes, too.**

Being Outdoors

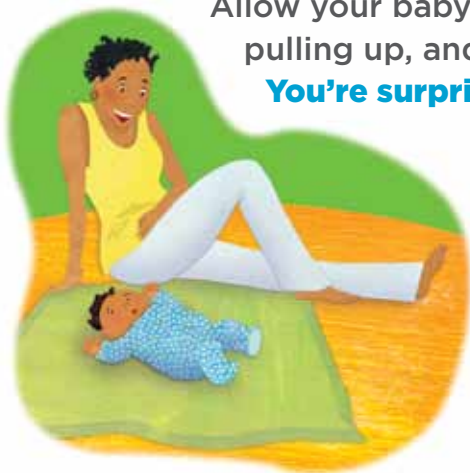
Enjoy outdoor play together and watch others play. **It's time to take our walk today.**



Pushing, Pulling, Rolling

Allow your baby to practice pushing up, pulling up, and rolling over.

You're surprised! You rolled over!



Grasping and Releasing

Place objects of interest just beyond the reach of your baby. **You are so strong!**



Things Your **Toddler** Can Do

Activities for Physical Health and Well-Being

Caring for Oneself

Model healthy physical care. **Let's floss and brush our teeth together.**



Climbing, Jumping, Lifting

Look for opportunities for unstructured movement everyday.

I love to watch you run!



Practicing with Purpose

Allow your child to explore drawing and writing with appropriate materials and supervision.

You made really big marks. Can you make some that are tiny, too?



Participating in Daily Routines

Invite your child to help in a safe way with activities such as cooking and cleaning. **Isn't it fun to make good food together?**



Coordinating Eye and Hand Movements

Initiate throwing and catching games with objects of various sizes and textures.

I'm going to roll the ball this way this time.



Developing Dexterity

Use materials such as dough and clay with your child for squeezing, rolling, patting, and pounding.

I see you are poking the clay. What happens when you poke it?